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NEWS
WORTH
SHARING.



'It seemed real and legit'

A local writer warns of a suspicious online news recruiter

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NO BOY BANDS

LIVE
88.5fm



CYCLISTS: COME ONE, COME ALL

Workers demonstrate the Wheel-Up secure bicycle parking services at Lansdowne Park Sunday. With limited car parking at the site, cycling and mass transit will be the key modes of transportation to and from events. TD Place stadium at Lansdowne officially will open July 18 for the Ottawa Redblacks' sold-out home opener. For more on the improvements to cycling infrastructure around the stadium, see page 3.

AMY YEE/FOR METRO

Prostitution bill hearings kicking off

Justice. Commons committee expected to hear from more than 60 witnesses, over 20 hours of hearings set to run Monday to Thursday

Political fireworks and gut-wrenching, street-level testimonials are expected in this week's hearings by the House of Commons justice committee on the Harper government's new prostitution bill.

The government says it is racing to a December deadline imposed by the Supreme Court of Canada to create a new law.

NDP justice critic Francoise Boivin says she wants the government to slow down and thoughtfully craft a new, charter-compliant law over the summer months.

The high court struck down Canada's old prostitution law

last December and gave it one year to replace it with one that would comply with the Charter of Rights and Freedoms.

Justice Minister Peter MacKay, who will be the first witness Monday, says the government's message this coming week is to pass the bill because there's a sense of urgency.

MacKay told reporters this past week that he's open to amending the bill, but said the bill is constitutionally sound and is an adequate response to the Supreme Court.

Bob Dechert, the parliamentary secretary to MacKay, says the government wants to hear from a broad range of people, and it wants Canadians to hear them, too, in the televised proceedings.

"We will hear a lot of stories from survivors of the sex industry ... and people will be surprised to learn how brutal a business it is — if you can even call it a business," said Dechert.

THE CANADIAN PRESS



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That calls for a



PLEASE DRINK RESPONSIBLY.

'Die Hard' drug

Dangerous fake ecstasy being sold in Montreal: Website

Days before two women fell ill and one died after attending local raves, a poster to the website pillreports.com warned of a dangerous pill dubbed "Die Hard," being sold in Montreal.

Ottawa police are investigating the death of a 19-year-old Montreal woman and a hospitalized 20-year-old who allegedly ingested pills at "local rave events," between June 29 and July 1.

Police say the incidents are separate and while they suspect ecstasy might have been what the women consumed, they won't know anything for certain until they receive the results of a toxicology test.

A brief perusal of the pill reports website — a global database of reports about ecstasy pills and pills marketed as such — shows just how unpredictable and dangerous the ingredients in such club drugs can be.

The poster "breaker-breaker," claimed to be posting on behalf of a testing service and described the Die Hard pills as "square," "quite large and very badly made," and "TOXIC."

The poster said the pills crumble easily, are off-white and are inscribed with the words "Die Hard." The poster said a battery of standard tests with reagents indicated the pill contained PMMA (paramethoxymethamphetamine), a drug Alberta Health Services says is often sold as a substitute to MDMA or ecstasy, but is far more dangerous. The service says PMMA is more likely to cause side effects such as seizures and increased body temperature and often gives users a weaker buzz, which means they will sometimes try to compensate by taking more.

Breakerbreaker gave a blunt warning when writing about the dangers: "The fact that this is being sold in summer is of extreme concern (PMMA causes body temperature to rise out of control, leading to death — this is much more likely to occur in hot weather, outdoors, and when dancing)."

Anyone with information about the incidents in Ottawa can call the Ottawa Police Central District Investigations at 613-236-1222, ext. 5166. **SEAN MCKIBBON/METRO**



Zachary Houle applied for a job as a content editor online, but says it was likely a scam. **LUCY SCHOLEY/METRO**

Recruiter raises writer's suspicions

Too good to be true?
Online job posting might have been a scam, local writer warns



LUCY SCHOLEY
lucy.scholey@metronews.ca

Zachary Houle thought the editing job was too good to be true.

Only 90 minutes after applying for a content editor job with Fact News 24 posted to indeed.ca, he had nailed it without an interview. They sent him a job application that same day, on June 23, asking for details including his Ottawa address and date of birth.

After he filled it out, they asked for bank account details. Houle stopped there.

"I consider myself pretty savvy," he said. "I've seen phishing scams directed at me before and I recognize them. But this one, I fell for it hook, line and sinker."

The 38-year-old is a free-

Quoted

"Writers and editors don't make a lot of money.... So it's just funny that that's who he was targeting."

Zachary Houle, freelance writer

lancer who juggles government and writing contracts. His last contract ended in May and he has wanted to land a full-time job for "many, many years."

"It seemed real and legit," Houle said, adding that the employer even called his house. "It looked like there was nothing in the application process I was going through that looked like it was fake."

Factnews24.net looks like a real news site filled with international news tidbits — except that it has not been updated in three weeks.

The main manager is a man named Erik Klepton. A Google search of "Erik Klepton factnews24" reveals one Fact News 24 job posting and four websites linking to Eric Clapton.

Klepton said Factnews24.net sends content editors

news articles for editing.

He said the salary would be a whopping \$3,000 a month for one to four hours of work a day. Klepton said they simply choose to send money via direct deposit. When Metro pressed Klepton about the FactNews24.net scam speculation, he said, "I can't say anything about it because I don't know. If they have any questions they can come to our office."

Klepton told Metro the main office is based in Ukraine, with offices in Washington, D.C. and New York City.

Factnews24.net was registered to an address in Panama in April.

Klepton said he had to go, but would call back. He didn't.

"Of course, we don't know for sure that it's a scam," said Andrew Burt, of the writing

scam watchdog Predators & Editors.

"It could be someone who is simply misguided."

Alexandra Owens, executive director of the American Society of Journalists and Authors, said there are many legitimate organizations that choose to send cash via direct deposit.

However, she had never heard of this news site. Neither had representatives from the Association of European Journalists.

Ottawa police Cst. Chuck Benoit said job hunters should never send an employer bank details online. That information exchange should be done in person.

Metro could not get in touch with indeed.ca, but the posting has been taken down.

Houle said he's now more wary of job postings online. His bank has also flagged him as an identity theft case, so now he must show photo I.D. every time he interacts with a teller.

"Writers and editors don't make a lot of money," Houle said. "So it's just funny that that's who he was targeting."

Get riding. TD Place to offer 1,000 secure bike parking spots for fans

The countdown to the opening of TD Place at Lansdowne Park continues with fans being encouraged once again to leave their cars at home and take alternative transportation to games.

Bernie Ashe, CEO of Ottawa Sports and Entertainment Group (OSEG), announced Sunday that 600 on-site parking spots will be available for cyclists riding into the park. For events with more than 10,000 fans, the park will have 1,000 spots available, partnering up with Wheel-Up to offer supervised and secure bicycle parking. The zone will open two hours prior to an event and close when the last bike is picked up.

The Lansdowne area now has a 20 km/h speed limit and super sharrows are now painted southbound on the bridge. This designates the outside lane for cyclists and requires cars to either follow behind them or pass onto the inside lane.

"(Biking) is possible, it's

More perks

Other cycling infrastructure:

- A path to connect the East side of the park near the skating rink to the secure bike parking area starting July 18.
- A bicycle link from O'Connor to Lansdowne by the Horticulture Building in the fall.
- A signalized crossing at Queen Elizabeth Drive-way and Fifth Avenue.

safe, it's attractive and for the most part it's actually the most convenient way, the fastest, simplest way to get here," said Coun. David Chernushenko.

"Cycling is no longer an afterthought, it is now a consideration in all of our planning and you'll see that reflected here at Lansdowne."

AMY YEE/FOR METRO



Riding to the concert is no trouble whatsoever

Vintage Trouble vocalist Ty Taylor swirls his microphone cord Saturday night at RBC Bluesfest at LeBreton Flats, flanked by guitarist Nalle Colt and bass guitarist Rick Barrio. The festival announced its Bike Park volunteers are expected to park their 50,000th bike this year. MARC HORTON/CONTRIBUTED

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Lac-Mégantic remembers

One year later.

Forty-seven people died when a train pulling tankers of oil derailed and exploded

Hours after a solemn procession passed the spot where tragedy struck Lac-Mégantic a year ago Sunday, crowds packed Ste-Agnès Church to remember the 47 people who perished when a runaway train derailed in the centre of town and exploded.

First responders who

In memoriam

"We will never forget the victims whose names are etched in stone."

Quebec Premier Philippe Couillard

plunged in to fight the inferno that erupted after the train jumped the tracks were given a resounding round of applause when they entered the church Sunday in long lines.

Framed photographs of the victims were on display alongside bouquets of flowers at the front of the church, which sits not far from the crash site. In a poignant, personal touch, a baseball glove lay in front of one man's photo.

"How many times has the whole community of Lac-Mégantic impressed us, by its wisdom, and its capacity to lift itself up?" said Sherbrooke diocese Archbishop Luc Cyr, who presided over the service.

"You have given us a beautiful message of dignity and strength. Yes, there have been tears and great suffering but at the same time there has been overwhelming generosity and love."

AUGMENTED REALITY

→ Scan the photo with your Metro news app to see more pictures of the ceremony.



→ See the full instructions on Metro's Voices page.

Some of those tears were being shed Sunday by people gathered outside the church to watch the service as it was projected onto a big screen metres from the derailment site. A number of people sat on lawn chairs and dabbed at their eyes.

The Sunday service was the latest commemoration in a weekend of events to remember the tragedy. A mo-



A man touches a stone monument in front of Ste-Agnes church following a memorial service for the 47 victims of an oil-filled train derailment a year ago Sunday in Lac-Mégantic, Que. PAUL CHIASSON/THE CANADIAN PRESS

ment of silence followed the ceremony and a monument to the victims in the form of a large granite book with their names inscribed was dedicated on the church's lawn.

Dignitaries including Gov.-Gen. David Johnston and Que-

bec Premier Philippe Couillard lay bouquets of flowers in front of the monument after attending the church service late Sunday morning.

Earlier Sunday morning, more than 1,000 people marched in solemn silence in

the darkness after observing a moment of silence at 1:15 a.m. That was the exact moment on July 6, 2013, when the fuel-laden train derailed and exploded in a series of cataclysmic fireballs.

THE CANADIAN PRESS



Calgary. Police ask for more tips on missing boy and grandparents

Police say a man who was questioned in connection with the disappearance of a five-year-old Calgary boy and his grandparents has been released. Calgary police say he remains a "person of interest" and several police units will continue to search a residence connected to him northeast of Calgary.

Investigators say that, given the size of the property, the search is likely to continue throughout Sunday and into Monday as they search for clues in the disappearance a week ago of Nathan O'Brien and his grandparents — Alvin and Kathy Liknes.

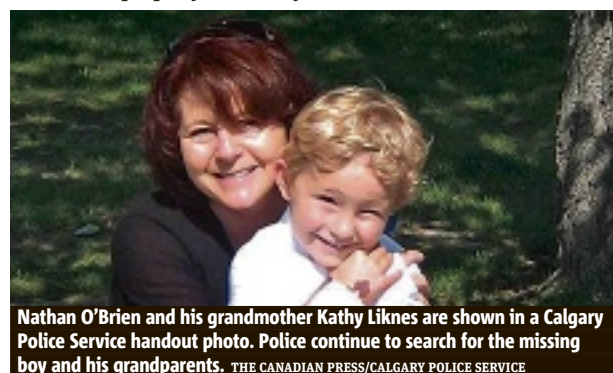
Acting on a tip police arrived at the property late Friday

night and found a green Ford F-150 truck similar to one spotted in a video taken near the Liknes home. Police say they are trying to determine if the truck, the property, or the man taken in for questioning are linked to the investigation.

Nathan and his grandparents disappeared on Monday. Police have said there was evidence of a violent incident in the Liknes' home.

Police say they want to hear from anyone who has any information regarding the whereabouts of the missing people or recognizes the pickup that was captured on video in the area of the grandparents' home.

THE CANADIAN PRESS



Nathan O'Brien and his grandmother Kathy Liknes are shown in a Calgary Police Service handout photo. Police continue to search for the missing boy and his grandparents. THE CANADIAN PRESS/CALGARY POLICE SERVICE

Michigan

15 saved from grounded boat

The U.S. Coast Guard says an overnight cell-phone conversation with a 13-year-old girl led its crews to a pontoon boat grounded in the Grand River with 15 people, 13 of them deaf and four lacking medicine for medical conditions Saturday.

The coast guard crew launched an inflatable ice rescue skiff from shore and shuttled passengers three at a time to a nearby tow boat. THE ASSOCIATED PRESS

Parachuting school

Plane crash kills 11 in Poland

Polish prosecutors opened a criminal investigation Sunday into a plane crash that killed 11 people — parachuting instructors and students and the pilot of the plane.

The Piper Navajo plane was carrying 12 people when it crashed and burst into flames in an orchard Saturday just minutes after taking off from Rudniki Airport in southern Poland.

THE ASSOCIATED PRESS

Riding out stock peaks and valleys



HOW TO ROLL
Alison Griffiths
metronews.ca

It took only six years for investors to get back to zero. On Wednesday, June 18, the major Toronto stock market index finally eclipsed the previous record high, set in 2008 (on the very same day, no less).

Just to prove it wasn't a fluke, the TSX Composite Index rang up a new high of 15,209 last Wednesday.

This means that if you had put \$100 into the TSX Composite Index six years ago you would have \$100 today. Whoop-dee-do!

Not quite so grim a story is that of total return, which accounts both for price of the stocks and dividends paid out by the listed companies. Between June 6, 2008, and March 2010, the TSX Composite Total Return Index plummeted 47 per cent from an all-time high

Just the stats

The best and worst TSX Composite Total Return Index:

- **Best 10 years:**
1990-2000 — 15.59 per cent average annual return
- **Worst 10 years:**
2000-10 — 2.84 per cent average annual return

of 37,051. But the index had completely recovered by April 2010 and then forged ahead, encountering a few bumpy patches along the way, to its current level of over 45,500.

So, running the numbers again and including dividends, that same \$100 invested in June 2008 would be worth nearly \$123. That's a mere 3.8 per cent average annual return, but, still, it's better than zero.

What's the lesson in all of this? There are three.

1. Dividends matter

Dividends can keep your portfolio afloat. While stock prices gyrate, dividends from blue-chip companies usually stay the course. During the recession, most of the biggest Canadian companies maintained dividend payments, though few increased them.

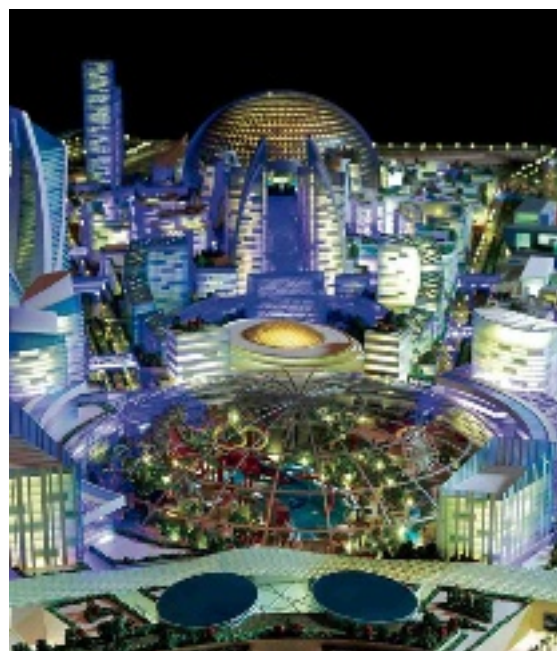
2. Time matters

Time heals most investment wounds. Investing at the top of the market hurts when there's a downturn, but history tells us that equities trend steadily upward over time, especially when you factor in dividends.

3. Regularity matters

It is true of our bowels and also of investing. Those who kept buying steadily through the recession and the subsequent recovery caught the highs but also the lows. This is called dollar cost averaging.

Whether the market goes up or down, keep these lessons in mind while investing.



Puts Rideau Centre to shame?

This image provided by Dubai Holding, a conglomerate controlled by the emirate's ruler, shows an artist rendition of their planned Mall of the World. The shopping-loving city that is home to one of the world's largest malls wants to build one even bigger. Dubai ruler Sheikh Mohammed bin Rashid Al Maktoum has laid out plans for the project, which will include an eight-million-square-foot mall, a climate-controlled street network, a theme park covered during the scorching summer months and 100 hotels and serviced apartments. Dubai Holding gave no details on the cost or the completion date. DUBAI HOLDING/THE ASSOCIATED PRESS

President el-Sissi

Egypt raises beer, wine and cigarette taxes

Egypt's president decreed an increase in sales tax on cigarettes, beer and wine, the latest in a series of price hikes that aim to ease the country's staggering budget deficit.

The decision announced Sunday increases a flat tax on local and imported cigarettes to between 25 and 40 cents per pack, depending on the brand. It doubles an already existing tax on beer, from 100 per cent to 200 per cent, and increases the tax on local and imported wines to 150 per cent.

Since assuming the presidency last month, former military chief Abdel-Fattah el-Sissi has vowed to take tough decisions to deal with the country's battered economy, and bring it out of the bottleneck within two years.

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CAN WE AFFORD THE LIBRARY WE NEED?

The squeaky wheel gets the grease, and there's no squeaking allowed at the Ottawa Public Library.

In accordance with city hall's "2.5 per cent means less than 2.5 per cent" budget caps, the library — and its users — have had to suck up their share of austerity, and there still isn't a single library branch in the city, for example, that can afford to open at all on a Sunday throughout the summer.

The Main Branch, the library's crown jewel, is something of a cubic zirconium, built in 1974 and still just getting by. Some 16,000 users a week cram into 80,865 square feet of usable space, looking for a coveted spot where they can both plug in their laptop and get a Wi-Fi signal. (Counting office space on the fourth and fifth floors of the attached office tower, the library has 97,785 square feet.)

A report from Ajon Moriyama Architect, which goes to the library board today, calculates the library needs 130,000 square feet to meet its programming objectives (i.e. to do its job properly)



URBAN COMPASS
Steve Collins
ottawa@metronews.ca

and outlines three options, only one of which actually gets us there:

Renewal (\$40 million): Replace aging systems like HVAC electrical, as well as the washrooms, but no major changes to the interior or exterior. The fix would result in 109,000 square feet of usable space and hold us for 15 to 20 years.

Renovation (\$50 million): Major work on every floor, including the entrance and exterior façade, for more space, natural light and accessibility. We get a still-inadequate 115,000 square feet and can put off further major improvements for 25 to 35 years.

Redevelopment (\$70 million): Gut the whole building for maximum improvement and expansion, plus a fourth-floor addition and a radical facelift for the exterior. This is the only

option that results in a viable 131,000 square feet of usable space, though it still doesn't meet all requirements.

Outside the realm of possibility (or at least the terms of reference for the Moriyama report) is a new central library on another

site, which, had previous plans not been abandoned, would have opened back in 2006. A later plan envisioned a 2014 opening.

After that, it just sort of dropped out of the conversation, a non-essential, maybe-someday "nice to have," overshadowed by big-ticket capital projects like Lansdowne Park and the Confederation Line.

But library board chair Jan Harder, faced with the selection of progressively more expensive half-measures in the Moriyama report, is talking about the possibility of looking for a private partner to finally build a new Main Branch that's up to snuff.

It's worth a look. The jury might still be out on what we've gotten ourselves into with OSEG at Lansdowne Park, but the project is at least getting done.

And we didn't get our first library built on public money alone, either. Back in 1896, Ottawa voters, as cost-conscious then as now, decided against establishing a public library. Toronto's had opened in 1884.

It took a private partnership — or patronage, really — in the form of a \$100,000 grant from American philanthropist Andrew Carnegie, to get things rolling. Our frugal little burg finally joined the 19th century and opened its first public library in 1906.

JUMPING WITH THE BULLS



A reveller jumps from a fountain onto the crowd below, after the launch of the "Chupinazo" rocket, to celebrate the official opening of the 2014 San Fermin fiesta in Pamplona, Spain, Sunday. For more photos of the fiesta, scan this image with your Metro News app. ANDRES KUDACKI/THE ASSOCIATED PRESS

Papa's Pamplona

Thousands of people crammed into the main square and adjacent narrow streets of Spain's Pamplona for the start of the famed San Fermin running of the bulls festival.

The fiesta, an uproarious blend of hair-raising daily bull runs and all-night partying, was immortalized in Ernest Hemingway's 1926 novel *The Sun Also Rises*.

THE CANADIAN PRESS

By the numbers

3,500

The regional government of Navarre said this year's festivities would be patrolled by 3,500 police to keep the adrenaline- and alcohol-fueled events as safe as possible.

Firework rocket?

Revellers wearing traditional white outfits trimmed with red neckerchiefs and cummerbunds gathered for Sunday's launching of a firework rocket, which signals the beginning of the nine-day festival.

- Animal rights activists protested Saturday, warning that 48 bulls are killed at the festival each year.

METRO AUGMENTED REALITY

SEE THE NEWS COME ALIVE...



In this issue, you can find AR enhancements on page 4 in News, page 7 in Scene and page 13 in Sports

To see pages from Metro spring to life, simply download or update the Metro News app available from your device's app store and follow these three easy steps:

1. Open the Metro News app on your smartphone or tablet device. Click the AR icon in the top right corner.
2. Hold your device over any image that has the AR logo near it. Make sure you wait for the green scanning bar to read the image!
3. Voilà! You should see the AR in action — like a video, slide show or mobile content experience. You can even move your phone away from the page and interact with the content directly on your device.

When in Michigan... 80-foot spit takes annual cherry pit-spitting contest

When it comes to pit-spitting, it's tough to beat the Krause family, who on Saturday maintained their dominance in the 41st International Cherry Pit-Spitting Championship in southeastern Michigan.

Brian Krause took top honours with a distance of 80 feet, eight inches (24.59 metres), said Monica Teichman, who runs the market at Tree-Mendus Fruit Farm in Eau Claire, just north of the Indiana state line.

Coming in second this year was Brian's father, Rick, with a spitting distance of 77 feet, 7-1/2 inches (23.66 metres). Kevin Bartz took third with 64 feet, eight inches (19.71 metres).

Last year's big winner was Matt "BB Gun" Krause with a

Spitting in the wind

"We had some really good spits here. The breeze felt good, but ... it wasn't good for spitting. We needed to change because we would have been spitting into the wind."

Organizer Monica Teichman on changing the direction of spitters

distance of 41 feet, 6-1/2 inches (12.66 metres).

The Krause family has won 26 of 41 of the contests since farm owner Herb Teichman launched the tournament in 1974 as a lark — but also to mark the region's tart cherry

harvest.

Brian Krause holds the record spit of 93 feet, 6-1/2 inches (28.51 metres), set in 2003.

More than 100 people tried to qualify Saturday for the championship round.

A strong breeze may have accounted for the long distances after organizers changed the direction of the spitting, organizer Monica Teichman said. "We had some really good spits here," she added. "The breeze felt good, but ... it wasn't good for the spitting. We needed to change because we would have been spitting into the wind."

This year's winner received tee time at a nearby golf course, a plaque, a medal, work gloves, a drill bit set and various gift certificates.

THE ASSOCIATED PRESS

Ebooks



Seamus Heaney:
Five Fables

By. Robert Henryson

iPad

•••••



MIND THE APP
Kris Abel
@RealKrisAbel
scene@metronews.ca

Billy Connolly (Brave, Lemmon Snicket) narrates this Scottish retelling of Aesop's moral fables, collected and translated by Nobel Prize-winner Seamus Heaney. The old Scots performed these tales of animal trickery and rascality with a delightful rhythm of speech and the inventive depth of folk wisdom. Enhanced with video extras, animations, and insights, it's an engaging and provocative cultural study.

25th anniversary

Seinfeld stands
the test of time

Saturday marked 25 years since the airing of Seinfeld's pilot, the first of 180 episodes that would rewrite TV history.

In a tribute to the comedy about nothing, Time magazine says it's remarkable that the show didn't really spawn any legitimate imitators, which speaks to just how unique and irreplaceable it was.

"Influence is one measure of greatness, but another, opposite one is inimitability. Some great art reproduces virally. And some is the product of a perspective (or in the case of Jerry Seinfeld and Larry David, two) that nature can't come up with twice."

THE CANADIAN PRESS



The stars of the show about nothing. CONTRIBUTED

Neon Trees singer comes clean on Pop Psychology

Tyler Glenn. With two hit albums already under his belt, frontman hopes good things come in threes and finally reveals what it's like to be a gay Mormon rock star

LISA WEIDENFELD
Metro in New York City

Neon Trees frontman Tyler Glenn has never shied away from being himself onstage, but with the release of a new album, Pop Psychology, he decided it was time to open up a bit more about his private life.

In April, he came out as gay via a Rolling Stone interview. And not only gay, but a gay Mormon, an unusual combination in pop culture. It capped a rough period in Glenn's life, where he was having trouble keeping his cool onstage. With the help of a therapist and a supportive producer, Glenn decided he was ready to share the news in a big way.

Glenn actually only started coming out to people in his life at the tail end of the production process for Pop Psychology.

After working with producer Tim Pagnotta on finishing the album, Pagnotta expressed some curiosity about what the new songs were about, and Glenn decided to share his secret.

"I think his reaction inspired me to tell everyone else because he responded in such a loving, almost congratulatory way, which was really something I never put together with being gay," says Glenn.

That said, he's pleased to be a spokesman for equality who is both gay and religious. "A lot of the time we see in the media, like, it's either religion or it's being gay and I think the two can live in the same sphere," says Glenn.

Asked if he thinks it's important to public figures to come out, Glenn replies honestly, "I used to not. I get people doing it on their own time, in their own way, and I don't know everyone's situation, but I do think it's important."

Of course, his news has



Neon Trees frontman Tyler Glenn says he used to have trouble keeping his cool onstage. GETTY IMAGES

"turned a lot of heads in Utah," where Glenn lives, but he's happy to be a role model on this front, despite some discomfort with the idea in the past.

"I'm really glad that some people feel like they have a voice now, and ... if that's the role model I can be, then I'm comfortable with that," says Glenn.

For those wondering if Glenn was trying to hide something on prior records, he says he thinks the older

songs are honest representations of who he was at the time.

For the song Teenage Sounds off the band's second record, Picture Show, a lyric like "I'm sick of being called a fag because I'm queer," once reflected people's reaction to his flamboyant style of dress.

"Now that means more to me, obviously, and I think it means more to people," says Glenn.

AUGMENTED REALITY

→ Want to hear Tyler Glenn sing? Scan this photo with your Metro News app for a video of Neon Trees' song Sleeping With a Friend.



→ See the full instructions on Metro's Voices page.

2 SCENE

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Adam Levine: He's not like the rest of us



STARGAZING
Malene Arpe
scene@metronews.ca

Adam Levine says that he's not going to be one of those celebrities who pretends he does his own laundry and house cleaning, and also that he has no patience for actors who agree to speak to media but then act upset when asked a question. This puts me in the uncomfortable and upsetting situation of having to stop pretending I hate Adam Levine.

Beyoncé projects Justin Bieber's mug-shot on a big



screen during her tour with Jay Z and tells the audience, "Even the greatest can fall." What that sentence has to do with Justin Bieber remains unclear.

Someone stole the Amsterdam bench Shailene Woodley and Ansel Elgort sat on while kissing in *The Fault in Our Stars*. "We have absolutely no idea what you're talking about," said four teenage girls while smiling wistfully under their

balacabras.

The producers of *Better Call Saul*, a pre-Breaking-Bad-timeline *Breaking Bad* spin-off, say they've found a way to bring Walter White into the story. Ideas include Walter White walking past Saul's office, Walter White dialing the wrong number and getting Saul's office and Walter White staring out the dirty window of a bus passing Saul's office.

This week in *Really Boring Things Involving People Named Jennifer*: 1) Jennifer Garner and Ben Affleck celebrate their ninth anniversary by eating steak and oysters at a restaurant in Michigan. 2) Jennifer Lawrence places 11th, Jennifer Lopez places 33rd and Jennifer Aniston places 77th on Forbes Celebrity 100 list.



Demi Lovato

Demi Really Don't Care about Selena's drama

Selena Gomez has one less BFF in her corner to count on, as fellow former Disney star Demi Lovato is reportedly done with the serial Justin Bieber-dater, according to *Hollywood Life*. Last week, just before the Fourth of July holiday, Lovato un-followed Gomez on Twitter, so we know it's serious. She also posted then quickly deleted a rather cryptic tweet:

"Swimming away from the bulls— bye b—h." According to sources, Lovato — who is clean and sober — had been finding Gomez a "headache" she needed to cut loose. "Demi tried to help Selena with her substance problems and also getting rid of Justin from her life and it is apparent Selena refused to listen to Demi's advice," a source says.

Old married Jessica won't be acting like a Newlywed

Jessica Simpson and Eric Johnson were married over the weekend in front of 250 friends and family at the luxurious San Ysidro Ranch, located in Montecito in Santa Barbara County, Calif., according to E! Online. The big day comes after months of planning and several years of engagement, as Simpson first confirmed her plans to marry Johnson in November 2010. They have two children together, 2-year-old daughter Maxwell and 1-year-old son Ace. As Simpson explained during a visit to *Good Morning America* earlier this year, there were no fears of either getting cold feet at this point. "I already feel like we're an old married couple," she said. "Like, if he wanted to run, he could've run when I was hormonal and pregnant."

The Motto for Drake should be no Kanye

Drake may want to take a bit more care in selecting his next substitute to help out while he's felled by his current mystery illness. The rapper had to bow out of a recent appearance at the Wireless Festival in London and figured he'd make it up to the crowd by sending Kanye West in his place, according to Pitchfork. Except West had other ideas about how to spend the evening. West, who performed with an odd-looking mask obscuring his face, stopped the show for one of his standard 15-minute rants, his auto-tuned words accompanied by the sound of a piano and booing audience



Drake PHOTOS: GETTY IMAGES

members. From what West was saying, it sounds like he's still holding some grudges in the fashion world. "I'm not going to call no names, I'm not going to say Nike or anything. I'm not dissing Louis Vuitton, I'm not dissing the Gucci group and s—," he shouted. "I'm just saying, don't discrimin-

ate against me because I'm a black man, or because I'm a celebrity, to determine that I can't create. Cause, you know, no black guy or celebrity's making no Louis Vuitton nothing." Duly noted. And someone should get the folks at the Oxford English Dictionary on the phone, because West has a few suggestions for new entries: "If believing in yourself is so, so, so wrong, and the other side is so, so, so, so strong in trying to beat down, and demonize and dishumanize — and I don't know if that's a word or not, and if it's not a word, then I said it's a f—ing word." And so it shall be.

Boats and booze for Bieber

You might have had a pretty fun time this weekend, but Justin Bieber was on a boat, so there. The pop star returned to Miami, and boarded a yacht for a private party filled with booze and scantily clad women. The only thing missing from the party? On-again, off-again girlfriend Selena Gomez. But sources say the separation wasn't Bieber's idea, as he reportedly asked Gomez to spend the Fourth with him but she told him to buzz off.



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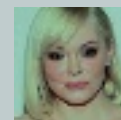
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Twitter



@ChloeGMoretz

it's crazy how things change so quickly, it's like you blink and the world's changed, time is a very very strange thing



@rosemcgowan

What is it with dogs and underwear?! Heathens!



@ArsenioHall

Go watch some live stand up tonight. Wherever you live in America, there is pure laughter nearby.

Are you a money moron? It's time to change your ways

Finance flubs. If you lack an emergency fund or are paying off debt with other debt, you need to read this



GAIL VAZ-OXLADE
Gail blogs daily at gailvazoxlade.com

It's easy to make mistakes with your money, particularly when so many other people are doing exactly the same thing you are. How bad can it be if everyone is doing it? Have a look to see how many of these money mistakes you are making:

Carrying a balance on credit cards or on a line of credit

Sadly, many people don't even know how much they owe. They keep their debt in little piles, never adding it up so they don't have to face the truth. They say things like, "My debt isn't anywhere near as bad as my sister-in-law's," and then pat themselves on the back. If you're carrying a balance, it means you're spending more money than you make. Stop.

Letting expenses get out of control

Expenses have a tendency to creep up. Up, UP. And if you aren't paying close attention, they can eventually exceed your income.

When was the last time you looked over your bills to see how much they've gone



Buying a house that's beyond your budget can leave you living on the financial edge indefinitely. ISTOCK

up? Has your income gone up as much as your hydro, cable, and gas bill?

That's why a spending journal is so important. Writing it down consistently keeps you paying attention to the details.

Taking payday loans

What the hell are ya thinking? If you can't afford to live on what you're making now, how are you going to make it through next week when you have to repay the loan, plus the interest (upwards of 700 per cent, when you include the fees)? If you need money that badly, sell something or get another job.

Having no emergency fund

Experts have been touting the importance of having an emer-

gency fund since Betty White was a lass. So why is it that so many people still don't have enough (or any) money set aside, just in case?

The rule of thumb is that you should have enough cash to cover six months' worth of essential expenses. Cash in the bank means you have options so you can deal with whatever life throws at you. No cash, no options!

Buying a house that's too expensive

Little money down, amortized forever has led people to believe they can afford houses that are more expensive than they can actually manage.

If you had to save 20 per cent of a \$400,000 house —

that's \$80,000 — you might think twice about buying such an expensive house.

I know real estate values have gone through the roof, but that's no excuse for strapping your cash flow to the point where you're living on the edge all the time.

Paying only the minimum amount on debt

If you haven't made a debt repayment plan that has a specific end date, you're spinning your wheels.

The only way to get debt free is to do the math. Divide what you owe by the number of months until you want to be out of the red. Add your monthly interest costs. *That's* how much you have to pay to

be done with debt.

Using debt to repay debt

If you're using balance transfers or cash advances on credit cards to make minimum payments, or using your line of credit to pay your minimum on your credit card, you're a full-fledged money moron.

This used to be illegal, but in the name of marketing and selling more credit, the balance transfer (using credit to pay credit) was created and now the line is so blurred that people think it's fine.

It's not. And it's going to catch up with you eventually.

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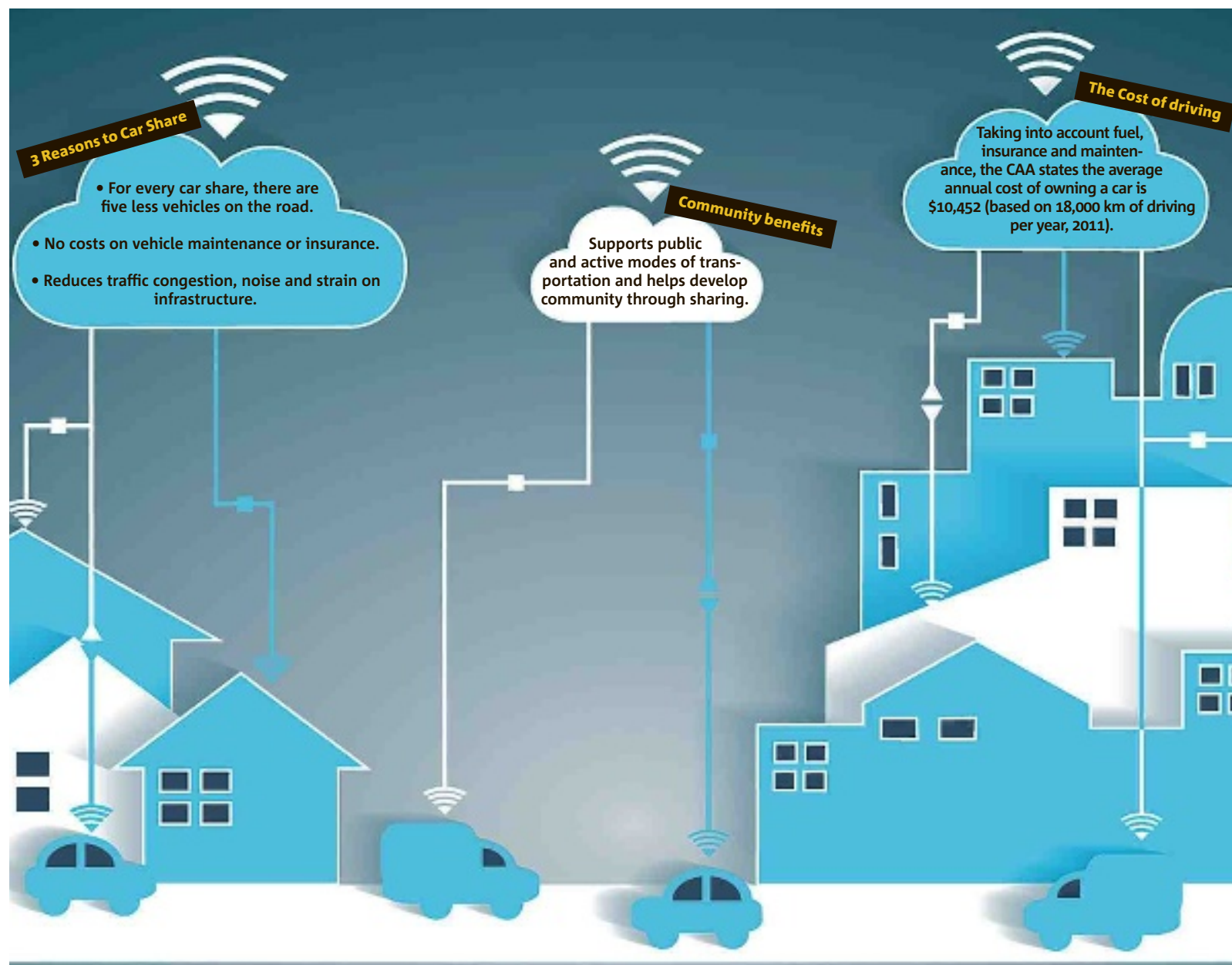
STEVE
GOW

Metro World News

There's no doubt that the rise of car-sharing co-ops has been impactful in Canada. Although urban centres have led the way, suburban towns are getting the message. If you're looking to start sharing, here are some of the most convenient ways to do it in some Canadian cities.

Car sharing in Canada

- **Regina.** The Regina Car Share Co-Op loans vehicles for as little as \$5 per hour. reginacarshare.ca
- **Ottawa.** VRTUCAR has over 100 fuel-efficient vehicles. vrtucar.com
- **London.** Community CarShare provides vehicles on a pay-per-use basis. communitycarshare.ca
- **Winnipeg.** Peg City Car Co-op has been around since 2011. pegcitycarcoop.ca
- **Edmonton.** E-town has no car-sharing co-ops. Motorists can use the city's Rideshare program. Email transplanning@edmonton.ca



Greater Toronto Area population: approximately 5.9 million

With such a dense population (and traffic snarling urban arteries), companies renting hourly vehicles such as Zipcar, Car2Go and AutoShare are certainly taking advantage. Stashing cars at many locations around the city, potential customers can easily walk to a nearby parking lot and pick up their ride. There is a slight difference in each company however. For instance, if you're looking to stock up on bulky groceries, don't go with Car2Go since they specialize in small, two-passenger SmartCars. Visit zipcar.ca, autoshare.com or car2go.com.

Greater Vancouver population: approximately 2.4 million

Vancouver also has Zipcar and Car2Go as viable vehicular options. But the West Coast city also proudly boasts Modo. Originating 17 years ago with only two cars, this company takes a grass roots approach to car sharing and costs start at merely \$7.50 an hour (plus fees). In all, the three companies have more than 800 vehicles spread across the metropolitan expanse. Visit modo.coop.

Calgary area population: approximately 1.4 million

Although Car2Go is also firmly settled in the Stampede City, Calgary Carshare is the leading member-owned, non-profit car-sharing company in Alberta. The co-op features two rate plans, the option of larger vehicles such as Dodge Caravans and has made its presence in the city since 1999. Nowhere is carsharing more suitable than in the sprawling landscape of Calgary, where it seems everyone drives! Visit calgarycarshare.ca.

Saskatoon area population: approximately 292,600

Relatively new on the prairies, The Saskatoon Carshare Co-op was recently incorporated and the community-owned enterprise is still growing — but then so is this booming city. Still, they may only have a two-car fleet of Nissan Versas but both are available to co-op members and casual drivers 24 hours a day for as little as \$8 per day (plus fees). Visit saskatooncarshare.com.

Metropolitan Halifax area population: approximately 408,700

At just a few years old, CarShare HFX is also in its juvenile stages, but growth has been steady. Although membership is a bit costly and convoluted (with several types of memberships), CarShare HFX vehicles feature such benefits as free parking at "pay and display" lots on the waterfront. Plus, members can receive discounts at several retailers in town. Visit carsharehfx.ca.

Pre-college students get a final push

'Summer melt.' Money problems, housing issues and other details cause many students to abandon higher education plans

The excitement of acceptance into that dream college has passed. The first day of classes is still weeks away. But the resources provided by high school teachers and computer labs are no longer available for recent graduates.

Education researchers and academic counsellors call it "summer melt," the precarious time when some college-bound students fall through the cracks, at risk of abandoning their higher education plans entirely.

In St. Louis, a drop-in counselling centre helps such students negotiate financial aid agreements, housing contracts and the other many details of college enrolment. School districts in Chicago, Dallas, Miami, Minnesota and West Virginia are among those using text messages to keep aspiring college students on track.

"You get the acceptance letter and start the celebration," said Shauna Cunningham, a high school guidance counsellor who's spent the past two summers at the St. Louis Graduates High School to College Center. "They don't realize all the other steps."

Recent studies by Harvard University's Center for Education Policy Research found that an estimated 20 per cent of graduating seniors from urban school districts in places such as greater Boston, suburban Atlanta, Dallas



Daisha Tankins, 19, works as a peer counsellor at a drop-in centre in St. Louis that helps low-income students stay on track and make the transition to college. JEFF ROBERSON / THE ASSOCIATED PRESS

and Fort Worth, Texas, abandon their plans to attend college over the summer.

Among prospective community college students, the summer melt rate increases to about 40 per cent, said former Harvard researcher Ben Castleman, now an assistant professor of education and public policy at the University of Virginia.

A lack of financial aid is to blame in about half of those cases, Castleman said. But students also wind up getting derailed by much less significant hurdles, from failing to meet course enrolment deadlines to registering for summer orientation programs.

"The idea was that if you could get a kid to graduate from high school, they'd been accepted, and chosen where to go, (then) that student was going to show up," he said.

"What our work shows is that in fact, students encounter a pretty complicated array of financial and procedural tasks to complete over the summer."

Daisha Tankins, 19, had planned to attend Spelman College in Atlanta after graduating from a St. Louis high school last summer. But unable to afford the private college and unwilling to go into more than \$100,000 in debt after four years, she enrolled at Harris-Stowe State University in her hometown. Like Spelman, it is a historically black school, but with far more modest costs.

Tankins now works as a peer mentor at the St. Louis counselling centre.

"A lot of students are bewildered and can't understand the magnitude of what's going on," she said.

School districts and col-

leges are beginning to find that reducing summer melt doesn't require dramatic intervention.

For just \$7 per student,

Precarious time

"Students encounter a pretty complicated array of financial and procedural tasks to complete over the summer."

Ben Castleman, professor and former Harvard researcher

school districts in Lawrence and Springfield, Mass., were able to boost their number of college-bound graduates, according to research by Castleman and Harvard colleague Lindsay Page.

Students received introductory text messages such as "We want to help you w/ college! Stay tuned for key summer to dos. Save this #, you can txt us for help!"

Their parents received similarly tailored messages with reminders about financial aid, orientation enrolment, tuition bill deadlines and campus health insurance.

On a recent weekday afternoon, St. Louis high school graduate Kelcee Burton stopped by the drop-in counselling centre just blocks from Washington University, which donated the storefront to the

non-profit group St. Louis Graduates.

Burton has been accepted at the University of Missouri and expects to receive roughly \$18,000 in grants for the coming year.

But gaining admission was only the start for Burton, who was four when her mother died and has spent the past year living with a friend after her father remarried.

There are immunization records to track down and a housing waiting list to manoeuvre. She stopped by the counselling centre at a friend's suggestion and left with confidence about starting college come August.

"I really didn't even think about all these details. I had no idea," she said. "I thought I was good to go."

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Outdoor living goes hand in hand with barbecuing, and a perfect choice for the grill is chicken breast.

Boneless chicken breast without the skin is one of the leanest meats you can enjoy.

Consider that a four-ounce portion of chicken has only 120 calories, two and a half grams of fat and one gram of saturated fat compared to a fatty steak, which has more than 300 calories, 23 grams of fat and nine grams of saturated fat.

Now, add a delicious seasonal salsa over top and you have created a masterpiece.

Watermelon, avocado, jalapenos and a squeeze of lemon is all that's needed.

The fresh and crispy texture of the salsa goes well with dining outdoors.

To prevent excess liquid, dice watermelon just before cooking chicken and drain any excess liquid.

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Ingredients

Salsa

- 1 1/2 cups diced crisp watermelon
- 1/3 cup diced red bell pepper
- 1/2 cup diced ripe avocado
- 3 tbsp fresh mint or cilantro
- 1 tsp lemon juice
- 1/2 tsp lemon zest
- 2 tsp olive oil
- 1 tsp minced jalapeno
- 1/2 tsp finely chopped garlic
- 1 oz crumbled feta cheese
- 1 1/2 lb skinless boneless chicken breasts (about 4 to 6 breasts)

Directions

1. Prepare the salsa by combining the watermelon, red bell pepper, avocado, mint, lemon juice, zest, olive oil, jalapeno and garlic in a bowl.



This recipe serves six. ROSE REISMAN

2. Preheat a barbecue to medium-high heat or lightly coat a large, non-

stick grill pan with cooking spray and set over medium-high heat. Grill the chicken

breasts, turning half way just until cooked or internal temperature reaches

165 F. Serve the salsa on the grilled chicken, garnish with crumbled feta.





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World Cup

Brazil attendance ranked 2nd overall

World Cup attendances are set to achieve the second-highest average in tournament history.

FIFA says the average crowd after 60 matches in Brazil is 52,762, beating the 52,491 mark for the 2006 World Cup in Germany.

The record was set in the United States at the 1994 World Cup, when an average of 68,991 attended the 52 matches in a 24-team tournament.

More than 3.16 million spectators have attended in Brazil, with stadiums filled to 98.3 per cent capacity, FIFA says.

With four matches left, the total attendance is set to approach 3.4 million.

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Tour de France

Shark surges to take yellow jersey

Italy's Vincenzo Nibali displayed his riding smarts at the Tour de France, winning Stage 2 on Sunday and taking the yellow jersey after a well-choreographed attack on rivals in the postindustrial English city known for "The Full Monty."

With less than two kilometres left, Nibali — nicknamed "The Shark" for his road savvy — escaped a 21-man breakaway bunch at the end of the 201-kilometre course over nine heath-covered hills of Yorkshire, and held off their late surge.

The 29-year-old rider has won the Italian Giro and Spain's Vuelta, but has never captured cycling's showcase event.

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Joker gets last laugh in Wimbledon final

Back on top. No. 1 Djokovic wins four-hour match against Federer for his seventh Grand Slam title

Novak Djokovic's large lead in the rollicking Wimbledon final was slipping away, due in no small part to Roger Federer's regal presence and resurgent play.

No man has won tennis's oldest major tournament more often than Federer, and he was not about to let it go easily. Djokovic went from being a point from victory in the fourth set to suddenly caught in the crucible of a fifth, and knew all too well that he had come up short in recent Grand Slam title matches.

Steeling himself when he so desperately needed to, Serbia's Djokovic held on for a 6-7 (7), 6-4, 7-6 (4), 5-7, 6-4 victory after nearly four hours of momentum shifts Sunday to win Wimbledon for the second time — and deny Switzerland's Federer what would have been a record eighth championship at the All England Club.

"I could have easily lost my concentration in the fifth and just handed him the win. But I didn't, and that's why this win has a special importance to me, mentally," Djokovic said. "I managed to not just win against my opponent, but win against myself, as well, and find that inner strength."

Cradling his trophy during the post-match ceremony, Djokovic addressed Federer directly, saying: "I respect your



Novak Djokovic kisses his trophy after defeating Roger Federer at Wimbledon, Sunday. BEN CURTIS/THE ASSOCIATED PRESS

The Canadians

- Petra Kvitova of the Czech Republic beat Eugenie Bouchard 6-3, 6-0 on Saturday in the women's final to claim her second Wimbledon title, ending an impressive run by the 20-year-old Canadian at the All England Club.
- Vancouver's Vasek Pospisil and American partner Jack Sock won the Wimbledon men's doubles title on Saturday in an upset of the defending champions Bob and Mike Bryan of the United States 7-6 (5), 6-7 (3), 6-4, 3-6, 7-5.

career and everything you have done. And thank you for letting me win today."

Even Federer had to smile at that line.

Truth is, Djokovic deserved

plenty of credit for figuring out a way to raise his Grand Slam total to seven titles, allowing him to overtake Rafael Nadal at No. 1 in the rankings.

"Novak deserved it at the

AUGMENTED REALITY

→ Scan the image with the Metro News app for more photos from Wimbledon this past weekend.

→ See the full instructions on Metro's Voices page.



end, clearly," said Federer, who hadn't been to a Grand Slam final since winning his 17th major at Wimbledon in 2012, "but it was extremely close."

THE ASSOCIATED PRESS

Lexie Lou wins \$1-million Queen's Plate



Lexie Lou, jockeyed by Patrick Husbands, won the 155th running of the Queen's Plate on Sunday in Toronto. STEVE RUSSELL/TORSTAR NEWS SERVICE

Mark Casse finally has his first Queen's Plate victory.

Filly Lexie Lou captured the \$1-million race Sunday at Woodbine Racetrack, giving the six-time Sovereign Award winner as Canada's top trainer his first Plate win. The 53-year-old American came close in 2011, finishing second to Inglorious with Hippolytus, but admitted becoming emotional after Lexie Lou crossed the finish line 1-1/2-lengths ahead of runner-up Ami's Holiday, a 9-1 longshot.

"My son, Colby, just started

Winning time

2:03.94

The time in which Lexie Lou finished the 1 1/4-mile race.

crying afterwards and to see it mean that much to him got me crying," said Casse, a 34-year racing veteran. "There was a lot of crying ... I think I would've been OK had Colby not started crying.

"When all you've done

your entire life is been around race horses ... I really don't know anything else. I've been following the Queen's Plate since I was a little boy and so to finally win it, I just pinch myself. I thought we'd win it sooner or later. I knew I wasn't going to give up."

Lexie Lou sat comfortably in ninth at the halfway point before steadily working up the field. She sat second behind Asserting Bear after a mile before surging into the lead, then holding off Ami's Holiday. THE CANADIAN PRESS

4 SPORTS

K.O. Rousey takes down Davis in just 16 seconds

The (Rowdy) Ronda Rousey legend grows.

On Saturday night, the UFC women's bantamweight champion flattened Alexis Davis in 16 seconds as the Canadian challenger never knew what hit her.

The 16-second knockout is tied with Frank Shamrock's win over Kevin Jackson for second-fastest in a UFC championship fight. Andrei Arlov-



Ronda Rousey. THE ASSOCIATED PRESS

ski's 15-second KO of Paul Buentello is the fastest.

Rousey, who came to MMA from judo where she won Olympic bronze, has now won all 10 of her fights with nine first-round finishes. The 10 wins have lasted a total of 24 minutes 48 seconds.

And Rousey is expanding her arsenal.

Her first eight finishes were all by armbar submission. Then she dropped Sara McMann, an Olympic silver medallist in wrestling, with a knee to the liver.

And she stunned Davis with a punch and knee at the centre of the cage, before tossing her to the ground with a hard judo throw and finishing her off with some 10 punches to the face.

Rousey has set even higher goals.

"I still have a lot of improvements to make," she said. "I want to retire undefeated and be known as one of the greatest of all time." THE CANADIAN PRESS

UFC 175. Despite a badly broken toe, Hall wins it

Uriah Hall limped away from UFC 175 with a win and a toe pointing in another direction.

The 29-year-old middleweight from New York City broke his toe in the first round against Brazil's Thiago Santos on Saturday night. And things got more gruesome after that.

The crowd at the Mandalay Bay Events Center first noticed the injury when the cameras zoomed in on the disfigured toe after the first round.

There was an audible groan around the arena when it was

Warrior

"I tried to pop it back in after the round ended."

Uriah Hall

shown on the big screens.

Hall came out for the second round, with the top of the toe next to his big toe sticking up almost vertically.

"I remember throwing a front kick and he blocked it but I didn't realize I had broken my toe," Hall said later. THE CANADIAN PRESS



Oakland Athletics' Jeff Samardzija works against the Toronto Blue Jays in the fourth inning on Sunday, in Oakland, Calif. BEN MARGOT/THE ASSOCIATED PRESS

Jays still trying to spell Samardzija

Poor offence. Newest A's acquisition stellar seven innings wrap up four-game sweep

Jeff Samardzija pitched seven strong innings to win his Oakland debut and the Athletics beat the Toronto Blue Jays 4-2 on Sunday to complete a four-game sweep.

Samardzija, acquired a day earlier in a trade with the Chicago Cubs, received several standing ovations. He was cheered during pregame warm ups and again after striking

out the side in the seventh.

Samardzija gave up one run and four hits. He struck out five and walked one while earning his first win since June 7.

With the Cubs, Samardzija was 2-7 despite a 2.83 ERA.

Jed Lowrie had two hits and scored twice, and leadoff hitter John Jaso added a pair of hits and an RBI for the A's, who won their fourth straight following a three-game sweep in Detroit.

Stephen Vogt singled and tripled to help the A's complete their first series sweep of the Blue Jays since taking a three-game series in 2000. Oak-

land hadn't swept a four-game series from Toronto since May 22-24, 1981.

Nate Freiman and Craig Gentry also drove in runs for the A's.

Lowrie doubled and scored in the second, then Oakland added two more in the fourth to extend their majors-leading record to 55-33.

Pinch-hitter Derek Norris added an RBI double in the eighth for Oakland.

Steve Tolleson had a pinch-hit home run off A's closer Sean Doolittle in the ninth for the Jays, who have lost six straight on the road.

THE CANADIAN PRESS

MLB All-Star selections

- Oakland has its most All-Stars since 1975: Pitchers Sean Doolittle and Scott Kazmir; catcher Derek Norris; infielders Brandon Moss and Josh Donaldson (starter); and outfielder Yoenis Cespedes.
- For the Blue Jays, outfielder Jose Bautista (starter), infielder Edwin Encarnacion and pitcher Mark Buehrle were selected.

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OTTAWA



Brandon McCarthy
GETTY IMAGES

Yankees add Brandon McCarthy

The New York Yankees acquired help for their depleted rotation on Sunday by acquiring veteran right-hander Brandon McCarthy from Arizona.

The Diamondbacks also are sending New York cash in Sunday's deal for left-hander Vidal Nuno.

The move comes after Yankees left-hander CC Sabathia

had a setback with a degenerative cartilage problem in his right knee. New York was unable to work out a trade this week for the Cubs' Jeff Samardzija, who instead was dealt to Oakland.

McCarthy, who turns 31 on Monday, was 3-10 with a 5.01 ERA with Arizona this season. In nine seasons with the White Sox, Rangers, A's

and Diamondbacks, McCarthy is 45-60 with a 4.21 ERA.

McCarthy said he is sad to be leaving Arizona, but added the move to New York is special.

"It's still the Yankees, no matter what," McCarthy said. "If you don't know baseball, you know the Yankees."

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Horoscopes by Sally Brompton

♈ Aries

March 21 - April 20

Partnership issues and money issues will be important today. If nothing else, you must resist the urge to splash out on expensive gifts for loved ones.

♉ Taurus

April 21 - May 21

Life may a struggle right now but on the plus side, you will learn something useful. You are here for a reason. Stop complaining and start living.

♊ Gemini

May 22 - June 21

There are times when it is right to act on a hunch and this is one of them. With surprises planet Uranus strong in your chart, you should act on what your inner voice is telling you.

♋ Cancer

June 22 - July 23

If you let your fears get the better of you today you will regret it later when you realize what a great opportunity you have allowed to pass by. If you see an opening, go through it.

♌ Leo

July 24 - Aug. 23

You may be tempted to let a rival off the hook today but the planets warn that may not be a good idea, if only because it is likely to encourage others to take advantage of you too.

♍ Virgo

Aug. 24 - Sept. 23

You can make yourself happy or sad — the choice is yours. The effort that goes into being depressed can be diverted into finding things that delight you.

♎ Libra

Sept. 24 - Oct. 23

The more nice things you say about others today, the more nice things they will do for you in the near future. You will, of course, have to make your compliments sound sincere.

♏ Scorpio

Oct. 24 - Nov. 22

Take a less provocative approach with people you have been in disagreement with. Your differences are not so wide that you cannot find areas where you both can agree.

♐ Sagittarius

Nov. 23 - Dec. 21

You may think your charm will get you everything you desire, but that is not an excuse to cut corners. Everything balances out, so if you cheat others now you will pay for it later.

♑ Capricorn

Dec. 22 - Jan. 20

Every once in a while — like today — you do something that shocks even those who know you well. Tomorrow, no doubt, you will be making apologies.

♒ Aquarius

Jan. 21 - Feb. 19

Don't give up on a relationship just because it is going through a bad patch. It is times like these that test your commitment. If you hang in there, the tide will turn in your favour soon.

♓ Pisces

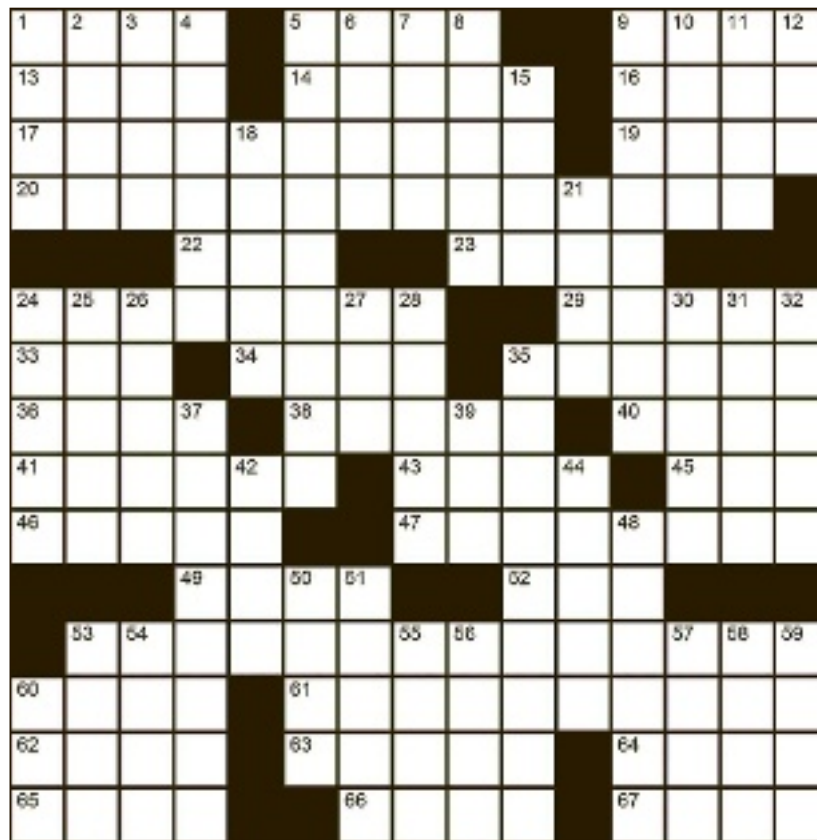
Feb. 20 - March 20

If an issue is causing you sleepless nights, focus your mind on something else. Eventually you may find that you no longer care who wins.

Crossword: Canada Across and Down by Kelly Ann Buchanan

Across

- Paul Bunyan's blue ox
- Manitoba locale, with Flon
- Look over
- Mr. Rickman
- Put together some sort of contraption: 2 wds.
- Hawkeye State
- East Coast people
- Ceramics oven
- Regina: RCMP ___ Parade
- Impair
- Q. "___" a show George Clooney starred on?" A. "Yes."
- Richard Branson's space tourism company, Virgin ___
- Visual arts univ. in Halifax
- Ginger drink
- Deep Purple song
- Scott of "Quantum Leap"
- Faint
- Words to live by
- Annual, for short
- Ancient temple complex in Egypt
- Actor Paul
- Caesar's 502
- Do some PI work: 2 wds.
- Actress Tiffani
- Succeeds
- Morse Code bit
- Toronto, in the film industry: 2 wds.
- Helvetia, for one
- PEI: ___ - ___ óFort



- Amherst National Historic Site of Canada
62. To, archaically
63. "Pink Shoe Laces" by ___ Stevens
64. Isle of Scotland's Inner Hebrides
65. ___ signs

66. Floral arrangement
67. Leave in, to an editor
Down
1. Loud sounds
2. Wings: Latin
3. "Roseanne" name

4. "Return to Innocence": 1994 hit for ___
5. Sherwood Forest denizen: 2 wds.
6. Outline
7. "___ Around" by The Beach Boys
8. Olympic runner

- nicknamed 'The Flying Finn', Paavo ___ (b.1897 - d.1973)
9. Big name in helicopters
10. Coconut fibre
11. Hole-making tools
12. Grandma

15. Pro bono TV spots
18. Instruct
21. Actress Ms. Malone
24. Rubbernecks
25. ___ of faith
26. Comedian/actor Denis
27. Medit. Sea land
28. Silica rock
30. ___ and whey
31. "Kate & ___" ('80s sitcom)
32. "Another ___ Paradise" by Phil Collins
35. Rectangular-shaped guitar legend: 2 wds.
37. Canadian journalist Mr. Nash (b.1927 - d.2014)
39. "What?"
42. Indigo dye
44. Country songstress Ms. Carter
48. Screens in Japanese decor
50. Big Apple force [acronym]
51. Hawk's spotting-prey move
53. Fine-tune
54. Not tricked: 2 wds.
55. "... ___ you want pizza instead?" (Takeout query)
56. Mr. Redding
57. A&W ___ Beer
58. Ms. Daly
59. Sun's output
60. Merriment

Friday's Crossword



Online

See today's answers at
metronews.ca/answers

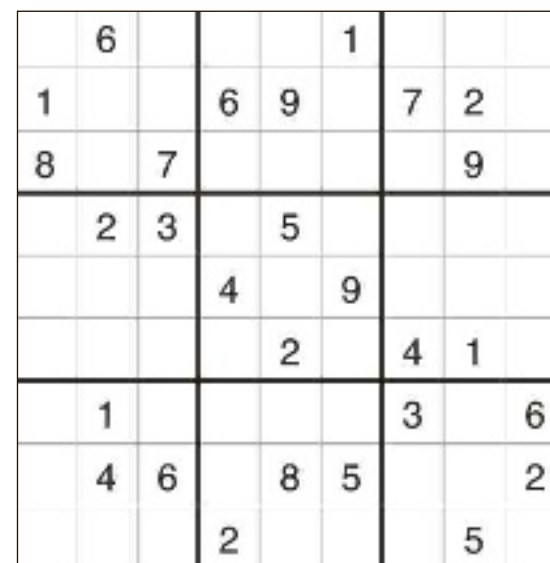


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku



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